

The Skinny On TRANS FATS

As you may know, many restaurants have begun to phase out the use of trans fats in their menu items and replace them with zero trans fat soybean oil. But if you're like most people, you're not really sure what trans fats are and why phasing them out is a pretty big deal.

What Is Trans Fat?

Unlike other fats, the majority of trans fat is formed when liquid oils are made into solid fats like shortening and hard margarine. However, a small amount of trans fat is found naturally, primarily in some animal-based foods. Essentially, trans fat is made when hydrogen is added to vegetable oil—a process called hydrogenation. Hydrogenation increases the shelf life and flavor stability of foods containing these fats.

Trans fat, like saturated fat and dietary cholesterol, raises the LDL (or “bad”) cholesterol that increases your risk for CHD. On average, Americans consume 4 to 5 times as much saturated fat as trans fat in their diet.

Although saturated fat is the main dietary culprit that raises LDL, trans fat and dietary cholesterol also contribute significantly. Trans fat can often be found in processed foods made with partially hydrogenated vegetable oils such as vegetable shortenings, some margarines (especially margarines that are harder), crackers, candies, cookies, snack foods, fried foods, and baked goods.

What's The Problem With Trans Fats?

Scientific evidence shows that consumption of saturated fat, trans fat, and dietary cholesterol raises low-density lipoprotein (LDL or “bad”) cholesterol levels that increase the risk of coronary heart disease (CHD).

But Aren't All Fats The Same?

Simply put: no. Fat is a major source of energy for the body and aids in the absorption of vitamins A, D, E, and K, and carotenoids. Both animal and plant-derived food products contain fat, and when eaten in moderation, fat is important for proper growth, development, and maintenance of good health. As a food ingredient, fat provides taste, consistency, and stability and helps us feel full. In addition, parents should be aware that fats are an especially important source of calories and nutrients for infants and toddlers (up to 2 years of age), who have the highest energy needs per unit of body weight of any age group.

Saturated and trans fats raise LDL (or “bad”) cholesterol levels in the blood, thereby increasing the risk of heart disease. Dietary cholesterol also contributes to heart disease. Unsaturated fats, such as monounsaturated and polyunsaturated, do not raise LDL cholesterol and are beneficial when consumed in moderation. Therefore, it is advisable to choose foods low in saturated fat, trans fat, and cholesterol as part of a healthful diet.

What Can I Do About Saturated Fat, Trans Fat, And Cholesterol?

When comparing foods, look at the Nutrition Facts panel, and choose the food with the lower amounts of saturated fat, trans fat, and cholesterol. Health experts recommend that you keep your intake of these nutrients as low as possible while consuming a nutritionally adequate diet. However, these experts recognize that eliminating these three components entirely from your diet is not practical because they are unavoidable in ordinary diets.

How Do Your Choices Stack Up?

With the addition of trans fat to the Nutrition Facts panel, you can review your food choices and see how they stack up. The following labels illustrate total fat, saturated fat, trans fat, and cholesterol content per serving for butter and margarine. As you will see, the “Margarine, tub” would be your best bet when comparing the nutritional values.

Compare Spreads!*

Watch for Saturated Fat, Trans Fat and Cholesterol!

Butter**	Margarine (stick)†	Margarine (tub)†
Nutrition Facts Serving Size 1 Tbsp (14g) Serving Per Container 32 <hr/> Amount Per Serving Calories 100 Calories from Fat 100 % Daily Value * Total Fat 2g 4% Saturated Fat 1g 2% Trans Fat 0g 0% Cholesterol 30mg 10%	Nutrition Facts Serving Size 1 Tbsp (14g) Serving Per Container 32 <hr/> Amount Per Serving Calories 100 Calories from Fat 100 % Daily Value * Total Fat 2g 4% Saturated Fat 2g 4% Trans Fat 0g 0% Cholesterol 0mg 0%	Nutrition Facts Serving Size 1 Tbsp (14g) Serving Per Container 32 <hr/> Amount Per Serving Calories 60 Calories from Fat 60 % Daily Value * Total Fat 1g 2% Saturated Fat 0g 0% Trans Fat 0.5g 1% Cholesterol 0mg 0%

*Nutrient values rounded based on FDA's nutrition labeling regulations. Calorie and cholesterol content estimated.

**Butter values from FDA Table of Trans Values, 1/30/95.

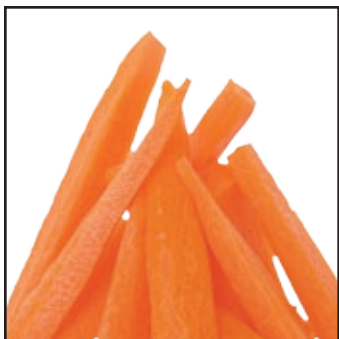
† Values derived from 2002 USDA National Nutrient Database for Standard Reference, Release 15.

The Bottom Line

Don't assume similar products are the same. Be sure to check the Nutrition Facts panel (NFP) when comparing products because even similar foods can vary in calories, ingredients, nutrients, and the size and number of servings in the package. When buying the same brand product, also check the NFP frequently because ingredients can change at any time and any change could affect the NFP information.

Source: <http://www.cfsan.fda.gov/~dms/transfat.html>





DAY IN DAY OUT

WELCOA'S ONLINE BULLETIN FOR YOUR LIFESTYLE

A HEALTHY RECIPE

BY RICHARD COLLINS, MD

Free-Range Roasted Chicken with 40 Cloves of Garlic

Measure:

3-5 lb.
1
1 tsp.
½ tsp.
40
1 cup
1 small bunch

Ingredients:

Organic, free-range chicken for roasting
Lemon
Salt
Black pepper
Garlic cloves, unpeeled
Fat-free chicken or vegetable broth
Parsley, minced

Preparation:

Prepare chicken; wash thoroughly and drain. Cut lemon in half; squeezing juice over chicken. Rub with salt and black pepper. Marinate in refrigerator for 30 minutes. Remove papery husk from garlic heads. Separate garlic cloves—no need to peel. Pre-soak clay roaster as directed. Do not preheat oven. Place prepared chicken, garlic cloves and stock into clay roaster. Cover, place in oven and roast at 450° for 80 minutes. Remove chicken to serving platter. Puree garlic and juices through a food mill or sieve. Skins from the garlic will be trapped. Pour garlic sauce into a gravy fat separator. Let stand for a few minutes. Pour over chicken. Sprinkle and garnish with parsley.

Number of Servings: 8

Calories 205, Fat 5, Cholesterol 85, Carbohydrates 7g, Protein 32g, Sodium 413.

Glazed Carrots

Measure: Ingredients:

¾ cup	Water
8 medium	Carrots, peeled and sliced diagonally ½ inch thick
1	Cinnamon stick
¾ tsp.	Ground cumin
½ tsp.	Ground ginger
¼ tsp.	Ground coriander
⅛ tsp.	Cayenne pepper
2 tsps.	Honey
2 tsps.	Lemon juice

Preparation:

In a heavy large skillet, bring water to a boil, add the carrots, cinnamon stick and four spices. Lower the heat so that the liquid bubbles gently, cover and simmer 12 to 15 minutes. Uncover, add the honey and lemon juice, raise the heat to high and boil until all the liquid has evaporated, stirring gently, for about 4 minutes.

Number of Servings: 4

Calories 60, Fat 0, Cholesterol 0, Carbohydrates 14, Protein 1g, Sodium 37.



Wellness Council of America
9802 Nicholas Street, Ste. 315 | Omaha, NE 68114
Phone: 402.827.3590 | Fax: 402.827.3594
www.welcoa.org